

For more information about services, enrollment, income eligibility and forming a partnership with Head Start, contact your local Early Head Start or Head Start Program.



Early Childhood Literacy

Parents of children enrolled in Head Start are encouraged to read to their children, to improve their own reading skills, and to complete the requirement for general equivalency diplomas and continued education. In this way, parents are better equipped to overcome poverty, and children are able to live in a home where reading is an important part of everyday life.



Family Services

Many families face serious financial difficulties, poor access to medical care and even violence at home. Head Start works with them to improve these conditions so they can achieve their full potential.

Disabilities

Many families and children have their own special needs. 10% of Head Start's enrollment slots are made available to children with disabilities who learn and grow side by side with the other children. Head Start programs work closely with the local special education units to provide services specifically designed to meet each individual child's needs.



**The
Best
Start
is a Head
Start**

N. D. Department of
Human Services
Children and Family Services
North Dakota Head Start-State
Collaboration Office
600 E. Boulevard Ave., Dept. #325
Bismarck, ND 58505-0250

Web Address:
www.headstartnd.com

A Head Start into Growing

Look into the eyes of a child, and see that eager imagination...mixed with the challenges of learning, growing and fitting in. Look into the eyes of a young parent, and see the high hopes for the child...but also the concern about finding the money, time and knowledge that a parent needs. Those eyes are chock-full of possibilities. All they need is a head start! That's what Head Start of North Dakota is doing through programs focusing on education, health, parent involvement, disabilities, early childhood literacy and family services.

Head Start forms partnerships with other agencies and organizations to make the most of opportunities and resources for its children and parents. Head Start works to improve the quality of life for many families. The positive results save money for school systems, government and service providers.



Child Development

In order for children to grow into well-rounded, socially skilled learners, Head Start explores the emotional and intellectual needs of each child and then tailors the program to include developmentally appropriate learning and playing activities. Through activities like singing, finger painting, play times and even riding on the bus, Head Start stimulates the children's imaginations and positive interaction with others while developing pride in their own cultural heritage.

In addition to the regular Head Start program for 3-4 year old children, many North Dakota towns also offer Early Head Start, a program specifically designed to teach new and expectant parents how to provide for the healthy growth of their infants and toddlers.



Parent Involvement

There's so much more to building healthy families than just the growth of the children. Head Start helps parents determine their family needs and use the resources available to them. With on-site child care and programs like the Policy Council, volunteering in the classroom, opportunities for continued education and even employment with Head Start, parents cultivate their own skills and confidence. Head Start helps them become self-sufficient, as well as their children's primary teachers.



Health

Head Start and Early Head Start staff helps families understand and identify the importance of a "medical and dental home" within their communities.

Because children must be healthy and well nourished in order to learn, Head Start helps provide healthy meals and regular health and development screenings. Each day at Head Start, children learn to brush their teeth and eat nutritious meals and snacks while also learning to interact with the other children politely at the table.

As a regular part of the Head Start program, children also receive periodic medical, dental and mental health care. Timely immunizations and screenings for cognitive development, basic health, speech and language, hearing, vision and dental health keep children ready to grow and learn.

